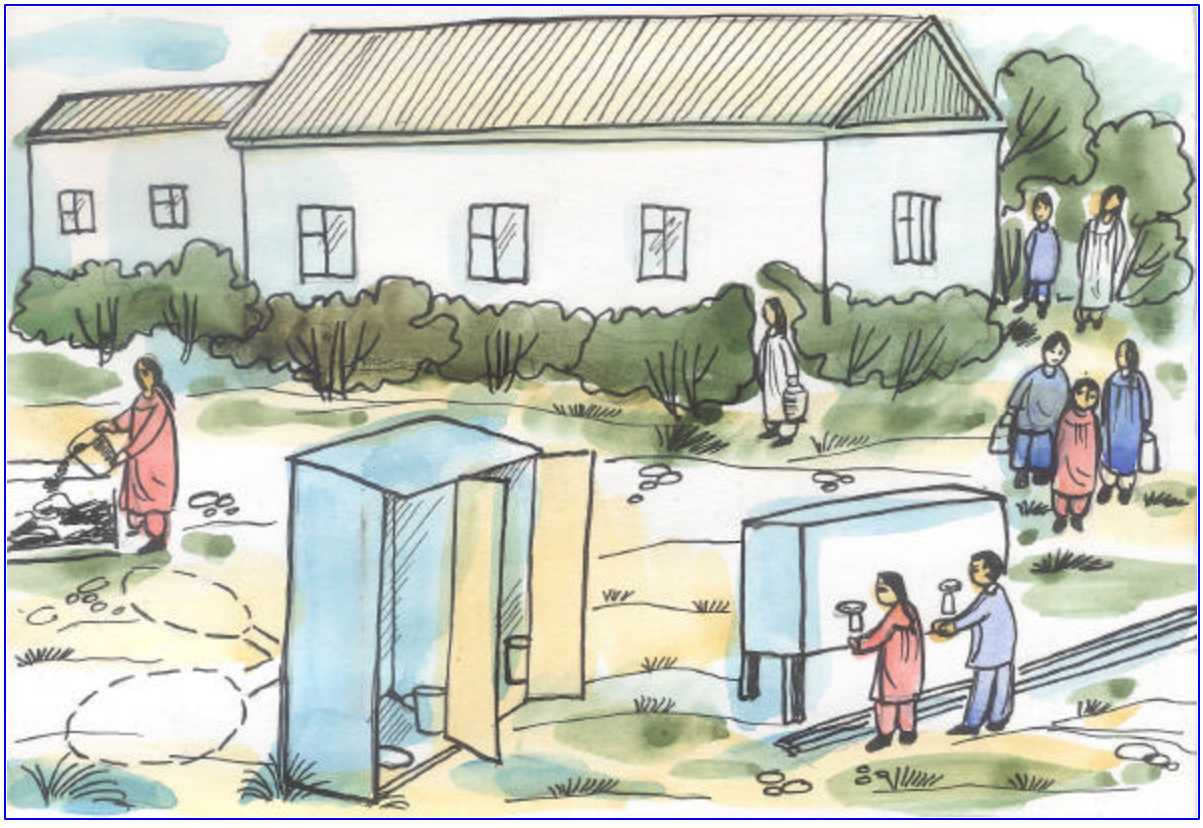
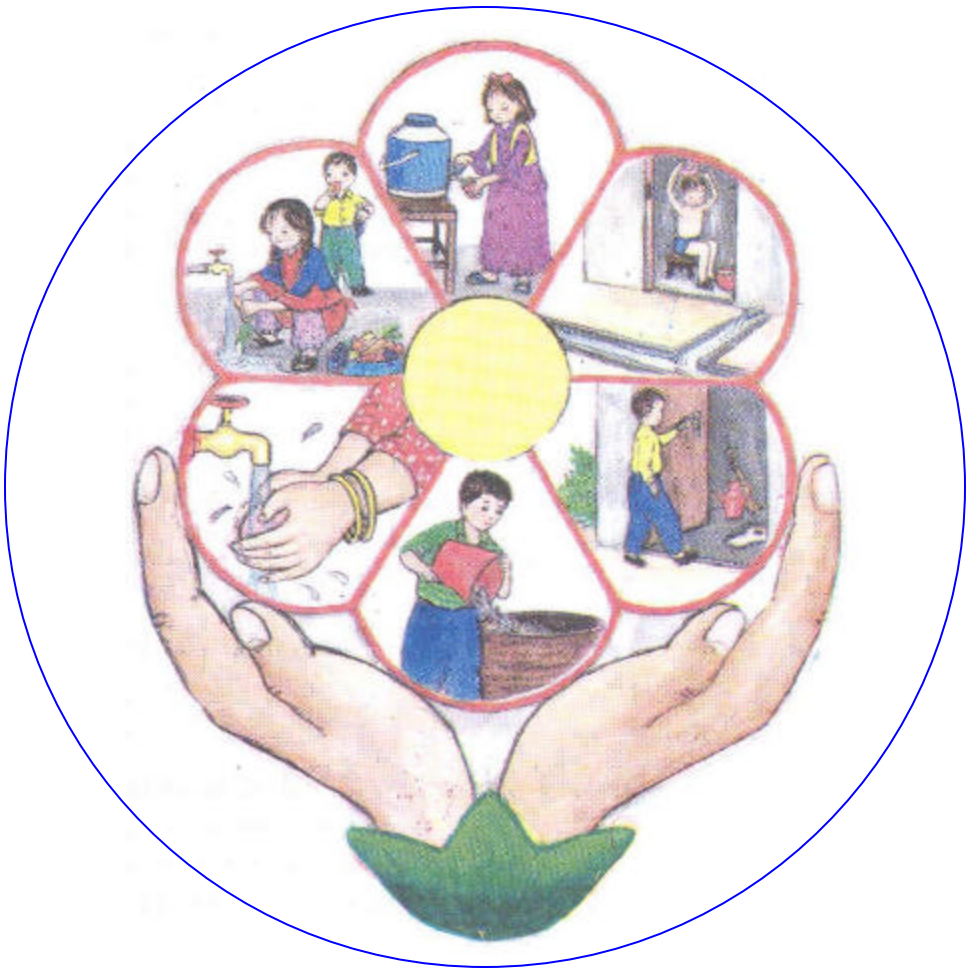
A
Guidebook
on
# School Sanitation & Hygiene Promotion Project
in
Tajikistan



Ministry of Education,
Republic of Tajikistan

UNICEF
Tajikistan

# Sanitation & Hygiene Promotion in and through schools in Tajikistan



# Sanitation and Hygiene Promotion Programme in Tajikistan

## *About This Guidebook*

**T**his handbook provides some basic information on sanitation, for school teachers, and suggest activities for promotion of **"Sanitation In Schools"** and **"Sanitation Through Schools".** The concept of sanitation including its seven components has been explained herein. The focus is on the creation of a clean environment in the school premises and cultivation of hygienic habits among the students through activities within the school. Several activities have been suggested for the promotion of sanitation through **a "Child - to - Child"** approach within the school and a **"Child - to – Parent"** approach within the community. A section describing the ways in which the school can reach out to the community and contribute to its health and welfare is also incorporated.

# SCHOOL SANITATION
# and
# HYGIENE PROMOTION

**NEED**

In Tajikistan, the over all goal of the UNICEF Sponsored Sanitation and Hygiene Promotion Programme is in line with the Master Plan of Operations (MPO) 2000-2004, signed between the Government of Tajikistan and UNICEF Dushanbe. The MPO clearly stated that water and excreta related diseases like typhoid and malaria posses a threat to vulnerable population and diarrhoeal disease among others is a leading cause for infant mortality. The overall goals of MPO among others have been a) to ensure the right to survival, growth and development of particularly vulnerable children to the age of five years, such that they achieve maximum potential in preparation for future learning years and adulthood b) to improve the health and nutrition status of mothers through the development of a safe motherhood environment, including access to services and life skill knowledge.

Thus Sanitation and Hygiene Promotion programme will target the vulnerable population by making them aware about the linkages between health, safe water & sanitation. For the sustainability of the programme besides other steps, the strategy includes involvement of community members, inter-sectoral convergence for greater synergistic effect, promotion of hygiene education **'In and Through Schools'** and institutionalization of the concept of holistic approach to sanitation.

Sanitation seems to be a low priority in Tajikistan. Although as such sanitation coverage in rural areas of Tajikistan is about 98% in terms of household pit latrines, but these are unhygienic and spread foul smell. Also, there seems to be a lack of awareness of hygienic practices due to age-old habits and practices. This calls for acceleration in behavioural changes and hygienic sanitation coverage on sustainable basis for achieving the goals of MPO.

As an important intervention by the UNICEF in the Tajikistan, the sanitation now includes a package of health-related measures and not just the latrine alone. It includes seven components of sanitation, which cover aspects of environmental and household cleanliness, software aspects of water supply as well as personal and other aspects of hygiene.

Proper sanitation can be achieved only through a change in the attitudes and practices of the people. Health and hygiene education, therefore, is fundamental in order to obtain an understanding of the linkages between health and sanitation.

## RELEVANCE

Children are far more receptive to new ideas and are at an age when they can be influenced to cultivate the habits of good personal hygiene. Thus, the promotion of personal hygiene and environmental sanitation within the schools can help the children to adopt good habits during the formative years of their childhood.

The schools in Tajikistan is one of the well knit network systems to reach to the community, with over 3,500 schools., and a student strength exceeding two million. This huge network of schools in Tajikistan offers a ready-made infrastructure to be mobilized and used as a resource to influence the parents and the community at large. Thus, sanitation habits can be fostered among the children, the parents and the communities through the **School Sanitation Programme.**

The school teacher is held in high esteem by the students and is respected not only within the school but in the community as well. The students can develop hygienic habits by emulating the teacher as a model. Also, the school teacher can influence parents and community members on issues related to sanitation.

The school system in the country offers a vast infrastructure, which can be used to exert a profound influence, not just on the children within its four walls, but also on the community at large. The students can help in bringing about behavioural changes in other children and can influence their parents as well as other adult members of their community. Schools can also be an effective channel for communicating sanitation messages to parents, peer groups and the communities.

The school can also serve as a demonstration center for the adoption of the sanitation package by individual, households and by the community at large.

## IMPLEMENTATION

The seven components of sanitation can be promoted "**In and Through Schools**". The first six components can be adopted as an integral part of the school activities. It is, however, easier to promote them if the school has the following minimum basic facilities: -

- **Within the premises or nearby a source of safe water for drinking (piped water supply / working hand pump)**
- **A pour flush water-seal latrine (can be constructed with support from UNICEF).**
- **A fence or a boundary wall (with gate) around it to prevent outsiders from entering the school premises for misuse of school pour flush water-seal latrine.**

## PARENT-TEACHER ASSOCIATION /GUARDIAN COMMITTEE

Functional Parent –Teacher Association (PTA) or Guardian Committee should become an integral part for the implementation of the School Sanitation Programme. The association meetings can be used as a forum for the discussion of sanitation issues and to motivate the members of the association to contribute towards the above-mentioned basic physical facilities (if not already present), which are absolutely essential for promoting sanitation in schools. The community's willingness to contribute (as cash/kind) also adds to the success of the school sanitation programme.

**Some activities that can be taken up by the PTAs, Head of Jamoat and concerned members of the community, with the help of teachers and students in the school, to ensure that the school is equipped with these basic facilities, are: -**

- **Constructions of separate pour flush water-seal latrines/ urinals for boys and girls (if not already present).**
- **Construction of a covered storage tank for drinking water fitted with taps made of cement (or of any other material being used in the area).**
- **Installation of safe water source (Piped water supply / Hand pump), if there is none in the school.**
- **Construction of a concrete platform below the tap/hand pump and drain to divert waste water generated into a soakage pit, a natural drain or the school garden.**
- **Construction of garbage pit for the collection of garbage.**

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# Transmission of Diseases and Linkages between Safe Water, Sanitation and Health

It is an established fact that unsafe water and in sanitary conditions cause diseases. Water and excreta related diseases are classified in groups.

**Water related diseases** may be divided into two categories, firstly those which are caused by a biological agent of diseases (a pathogen) and secondly those which are caused by some chemical substances in water. The ***first group*** may be called the 'water related infections' and include some of the greatest causes of diseases in developing countries/ regions including Tajikistan (for instance diarrhoeal diseases). The ***second group*** is related with 'Diseases caused by chemical contamination of water' , such as flouorosis ( caused due to excess fluoride levels in drinking water); arsenical keratosis (caused due to excess level of arsenic in drinking water) and infantile methaemoglobinaemia i.e. blue born baby (caused due to high level of nitrate in drinking water)

**Excreta related disease** is related to human excreta meaning urine and faeces (stool), which are the source of nearly 50 infections. The spread of major infections and parasitic diseases such as typhoid, dysentery, hepatitis, cholera and giardiasis are due to biological contamination of drinking water.

## Classification of water borne diseases on the basis of tramsmission route:

Water Borne Diseases can be broadly classified into following categories, based mainly on the routes taken to transmit them.

1. Water- borne diseases
2. Water –washed diseases
3. Water-based diseases
4. Insect vector diseases

1. **Water- borne route:** These occur when disease causing agent (pathogen) infested water is consumed by a person and on completion of the pathogen's incubation period or infectious stage of its life cycle, person gets sick. These diseases are typhoid, cholera, diarrhoea, dysentery and few others.

2. **Water –washed route:** These occur when water is not used in adequate quantity. The infection can be reduced with increasing the volume of water. Diseases like skin sepsis, scabies and fungal infections of the skin as well as infection of eyes comes under this category

   Those who do take bath and wash their hair or change clothes regularly may suffer from water-washed infection caused by lice and mites, they may also suffer from fever transmitted by body lice.

3. **Water-based route:** These occur when a person drinks water, which contains pathogens (disease causing agents), which spend part of their life cycle in aquatic surroundings. Important examples under this category are schistosomiasis, and guineaworm.

4. **Insect vector route:** This route is spread by insects which either breed in water of bite near water. Diseases like Malaria, Filariasis (Elephantiasis) and Dengue, are transmitted by insects, which breed in water.

## Classification of excreta related infections;

An infectious disease is one, which can be transmitted from one person to another or some times from insects/animal. Excreta-related infectious diseases are related to human excreta (faeces and urine). All such diseases are caused by pathogens or pathogenic organisms, which are microscopic living organism such as bacteria, viruses, helminth and protozoa.

Excreta related infection may be classified as:-

1. **Fecal-Oral infection ( non bacterial):** Improvements in excreta disposal will have differing degrees of influence on various fecal-oral disease. Some of these infections, caused by viruses, protozoa and helminthes, can spread very easily from person to person whenever personal and domestic hygiene is not ideal. Changes in excreta disposal methods are unlikely to have much effect in their incidence unless accompanied by sweeping changes in personal cleanliness, requiring substantial improvements in water supply and housing, coupled with major efforts in health and hygiene education.

   **Faeces- to- mouth infection:** The way these infections are transmitted can be very direct. For example: A child who has worms and who forgot to wash his hands after his last bowel movement, offers his friend a biscuit, his finger, still dirty with his own stool are covered with hundred of tiny worm eggs ( so small they cannot be seen). Some of these worm eggs stick to the biscuit. When his friend eats the biscuit, he swallows the worm eggs, too. As a result, soon the friend will also have worms. His mother may say this is because he ate too many sweets. But no, this is because he ate shit!.

   **Amoebae:** These are not worms, but they are parasites that can be seen only with a microscope.The stool of a infected person has millions of these tiny parasites. Because of poor sanitation, they get into the source of drinking water or into food, and other people become infected. Many healthy people have amoebae without becoming sick. However, amoebas are common cause of sever diarrhoea or dysentery (diarrhea with blood) especially in persons already weakened by other sickness or poor nutrition. Less commonly, amoebas cause painful, dangerous abscesses in the liver.

2. **Fecal – Oral infection (bacterial):** Bacteria cause the transmission of these diseases. They are persistent and can multiply if they find suitable substrate (food). Besides, in the person-to-person transmission route, it can occur through

contamination of food, crops or water sources with faecal material. Some of the pathogens in this category also passed in the faeces of animals and birds and can be transmitted to the community having improved sanitary facilities and hygienic practices.

3. **Soil-Transmitted Helminthes:** This category contains the soil-transmitted helminth whose eggs are passed in faeces. They are not immediately infective to man and undergo a period of development (usually in moist soil). If latrine is poorly maintained and the floor becomes soiled, it can become focus for transmission.

   The eggs of these worms (helminth) can survive for months between hosts. Any faecal material that has not been adequately treated must not reach the soil for re-use

4. **Water-based helminthes:** These helminthes need an aquatic host or hosts to complete their life cycles. They then re-infect man through the skin or when insufficiently cooked fish, crabs, crayfish or aquatic vegetation are eaten. Appropriate excreta disposal method can be adopted to control them by preventing untreated excreta from reaching water in which the aquatic hosts live.

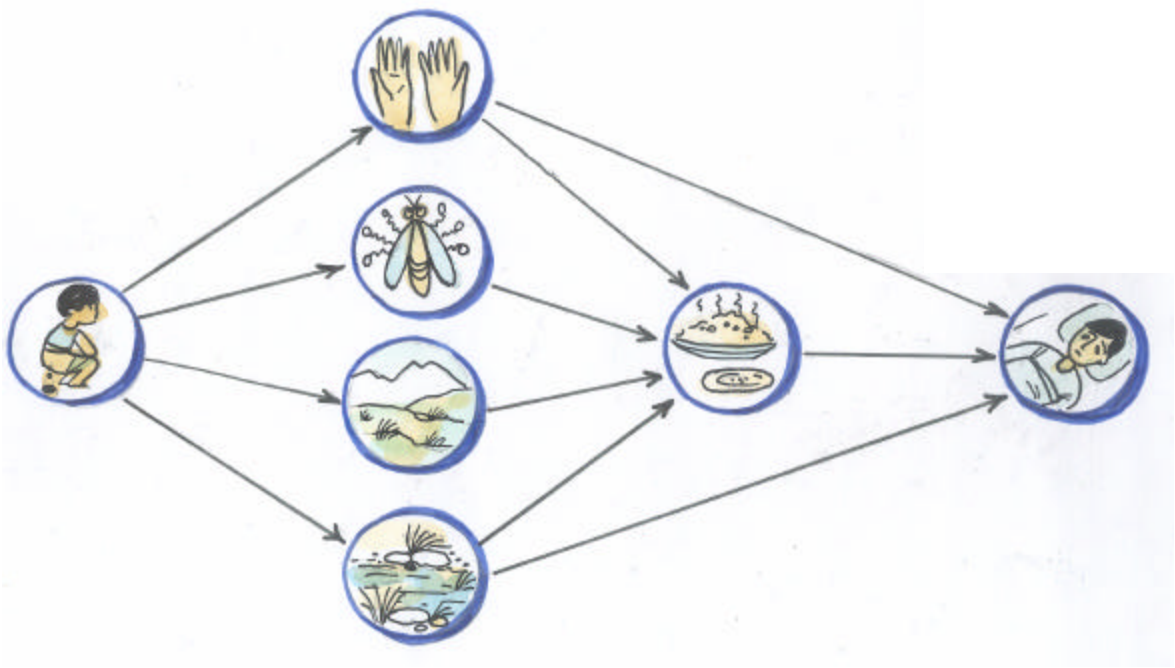
5. **Excreta- related insect vectors:** These are infections, which can be spread by excreta related insect vectors and these are certain mosquitoes, flies and cockroaches. They carry pathogenic organisms on their bodies and in their intestinal tracts. They breed in exposed excreta and flooded pit latrines.

With the over mentioned explanation it is very clear that harmful organisms transmit excreta related human diseases through: -

- Agents of many important infections escape from the body in the excreta and then eventually reach to others; and

- Unhygienic disposal of excreta encourages breeding ground for insects, flies, cockroaches and mosquitoes which acts as agent for spreading diseases.

For easy understanding regarding the route of these disease are explained in the below diagram, that how diseases are transmitted from one person to another through. (**See F-Diagram I**):



## Disease Transmission Routes (F Diagram)

Disease transmission occur through following routes:

I. Fingers (Excreta sticks to hands, fingers and under the nails)
II. Flies (Flies, cockroaches sit on excreta and then on food)
III. Fields (Excreta goes to field and then unwashed raw vegetables and half cooked food eaten)
IV. Fluids (Excreta mixes with drinking water)

There is a general belief that children's excreta is harmless and with this notion generally it is not handled safely, particularly by mothers. This causes many excreta related diseases in children. Infact the children's excreta is equally harmful as that of adults.

To prevent the incidence of disease it is important that hygienic practices should be adopted, which will break any or all of the routes of transmission of micro-organisms from excreta (faeces).

As human excreta is the biggest culprit for spreading many diseases, so it is necessary that excreta should be safely disposed of and it should not remain exposed. This means the construction of sanitary latrine (two pit pour flush latrines), which is the best way of safe disposal of excreta. In the above-mentioned **F-diagram** it is easy to put barriers on various routes to prevent the occurrence of diseases.

It is most important that to stop the occurrence of disease with hardware (construction of latrine) interventions clubbed with software interventions (hygienic practices). In the F-diagram we can see the Barriers put into the Faeco-Oral routes of disease transmission. There are two kinds of barriers (i) Primary (ii) Secondary

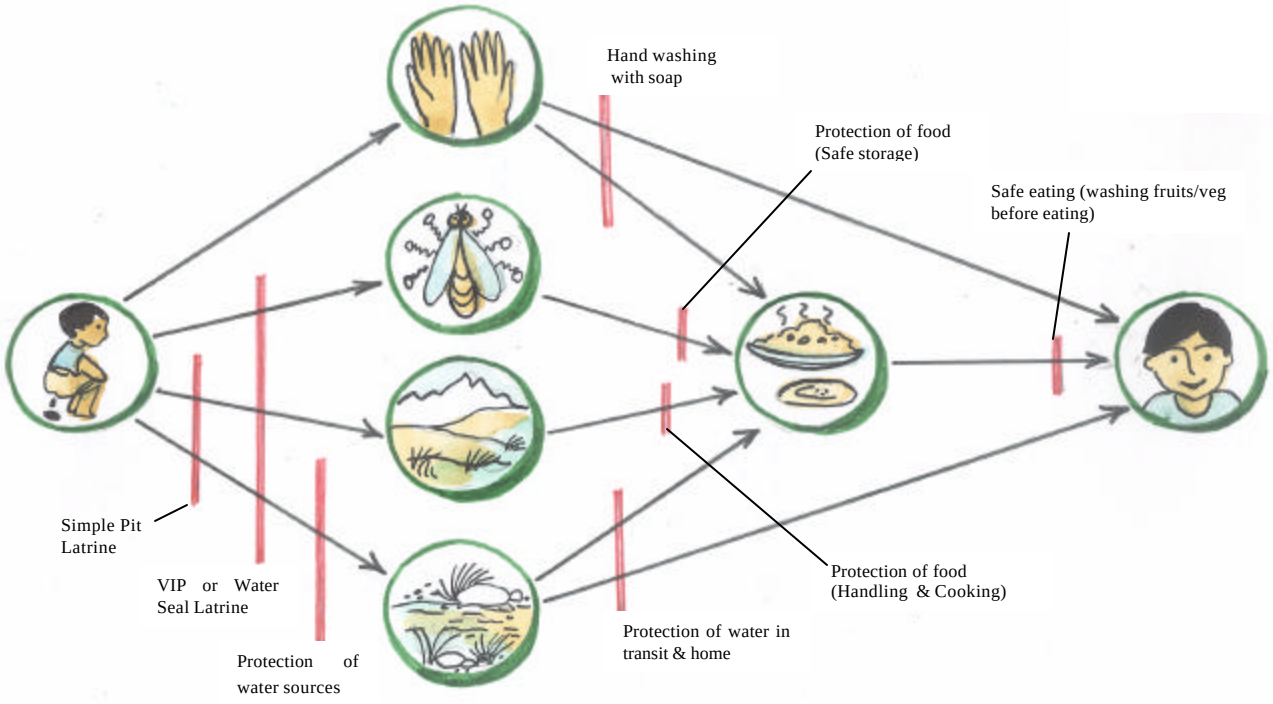
**Primary barriers** are:

1. Simple pit latrine (barricade two routes)
2. VIP or Water seal latrine (barricade three routes)
3. Protection of water source (barricade a route which causes contamination of water)

**Secondary barriers are:**

1. Hand washing with soap after defecation, before eating and feeding
2. Protection of food (through safe storage)
3. Protection of food (through handling and cooking)
4. Protection of water in transit and at home

Safe eating (washing fruits and vegetables before eating them raw)




## ***Barriers*** **on Disease Transmission Routes**

# COMPONENTS OF SANITATION:

## *Sanitation : A holistic approach*

As water is life, so sanitation is a way of life. It is not merely the construction of latrines. It is infact a holistic approach to hygiene practices and behavioural change. It is a package of health related measures. It is a sanitary aspect of water supply. It is a not a hardware and asset creation programme. Infact it is an approach for the behavioral change of an individual, family and a community as a whole. It is a package of seven components:

**I. Handling of Drinking Water**
**II. Disposal of waste water**
**III. Disposal of Human excreta**
**IV. Disposal of garbage and animal excreta**
**V. Home Sanitation and Food Hygiene**
**VI. Personal hygiene**
**VII. Community sanitation**

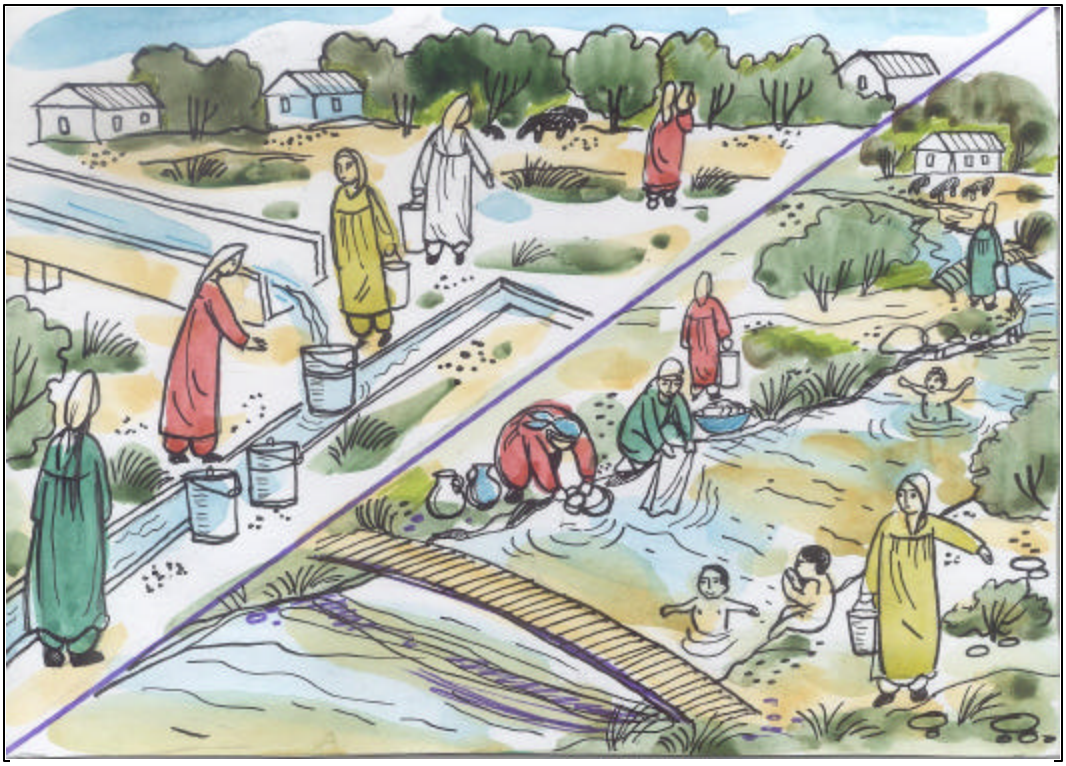
All the seven components of sanitation should be promoted as a part of the school sanitation programme. Of these seven components, the first six can be covered through regular school activities, while the seventh, which is Community Sanitation, can be taken up in the form of a 'sanitation drive' in the community on special days like *Nawroz* etc., with the help of community (or two-three days in a year can be fixed as "Sanitation Day" for the community in consultation with *Jamoat* and community elders).

**Importance of each of the seven components and the ways to promote/ implement it is described below.**

### ***HANDLING OF DRINKING WATER***

**Why is it important?**

- Water from open source like streams, river, canal/channel etc., is unsafe for drinking, as it is prone to contamination by animals and human beings.



**Unsafe source**

Drinking of contaminated water causes diseases such as diarrhoea, dysentery, typhoid, cholera and hepatitis.

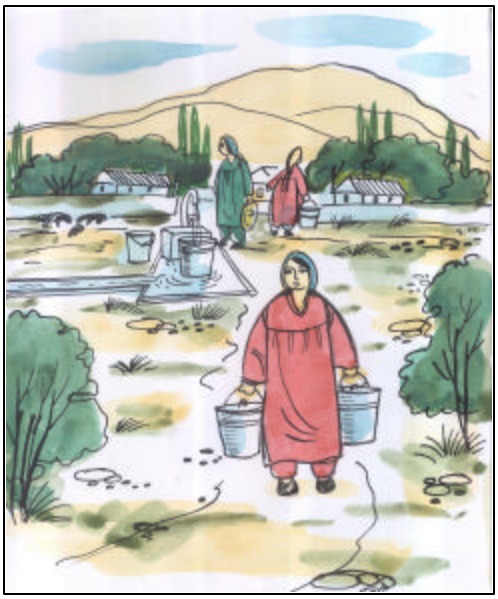
- Even if water is collected from a safe source, it can get contaminated if it is not handled properly while collecting, storing and using:

**How should Drinking Water be collected and handled?**

- Drinking water should be collected from a safe source such as a tap, hand pump or from protected spring only.

- The inside of a vessel should be cleaned well before collecting water.

- After filling the vessel with drinking water it should be covered while being carried from water source to the place where it is kept in the house or in the school.



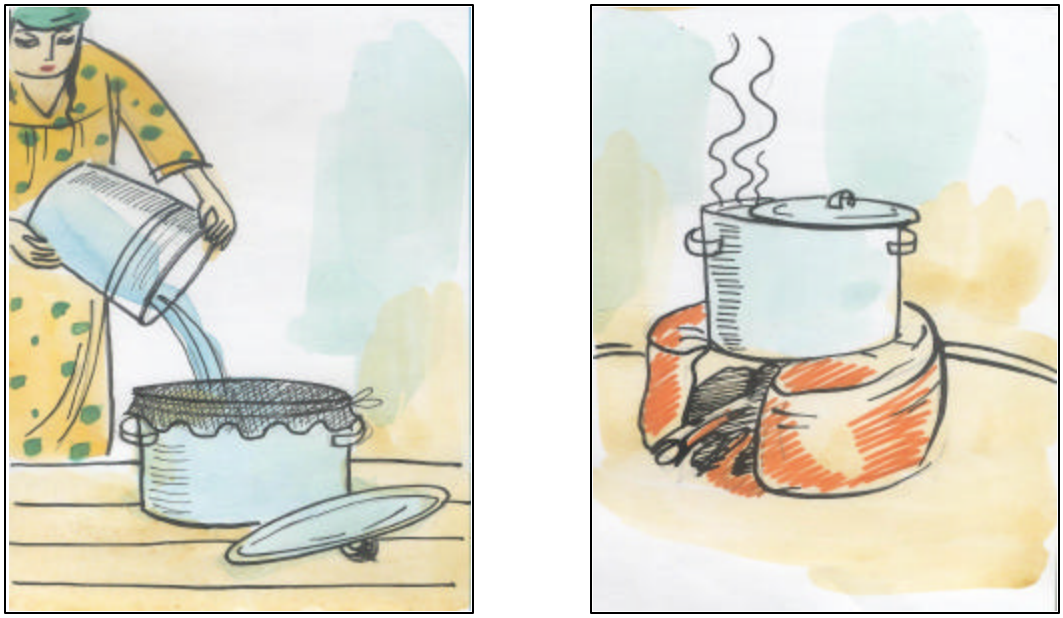
**Safe Source**

- Drinking water must be stored in a vessel kept above ground level, in order to prevent pets and small children from contaminating it.

- A cup/ glass fitted with handle or ladle type pot should be used for taking out drinking water from vessel. In no circumstances fingers should be dipped in water.

**Safe handling of water**

- Water collected from unsafe sources can be made safe by boiling it after filtering. (boiling should be for 20 minutes)



**Boiling water**

## ACTIVITIES

- **Teachers of all classes can organize tours around the community to point out safe and unsafe water sources to their students.**

- **Teacher should explain that why students should not drink raw water from canal or irrigation channel? As this water can be contamination by human beings and cattle.**

- **If the school does not have a safe water source then group of students from senior classes can be made responsible, on a rotation basis, for the collection of drinking water for the school from the nearby safe source. This group of students must ensure that drinking water vessel is covered while being carried with drinking water from source to school and also kept covered. Teachers can ask the logistic staff of the school to help students to carry out this activity.**

- **If drinking water vessel is not fitted with tap then a pot fitted with handle should be kept with vessel, so that those while taking out drinking water should not dip fingers in it.**

- **Students should be taught to carry out drinking water quality test through H2S strips (to be supplied by UNICEF) for bacteriological contamination. These tests can be carried out on periodic basis (may be on weekly basis).**

**Water quality testing**

- **Students can be encouraged to put up drawings and simple messages related to handling of drinking water on the sanitation corner in school.**

- **Students of senior classes can be helped to develop a format for noting their observations with regard to water handling practices prevailing in their own homes, in the homes of their peer group and in other homes in their neighbourhood. The teacher can raise issues related to the handling of drinking water in PTA meetings and share the students' finding with the parents.**

**Key Messages:**

- Take drinking water from safe source only
- Boil water if it is not from safe source
- Don't dip fingers while taking out water from vessel
- Always use a cup/ glass fitted with handle ladle type pot to take out water from vessel

## ***DISPOSAL OF WASTE WATER***

**Why it is important?**

- Mosquitoes breed in stagnant water and spread diseases like Malaria.
- Waste water carries germs and bacteria from the surface dirt. If this dirty water is left to accumulate around water source, it seeps through the soil and contaminates the ground water. This contaminated water, when consumed, causes diseases such as diarrhoea.
- Stagnant water smells foul, looks dirty and makes it difficult for people to reach the source of water.

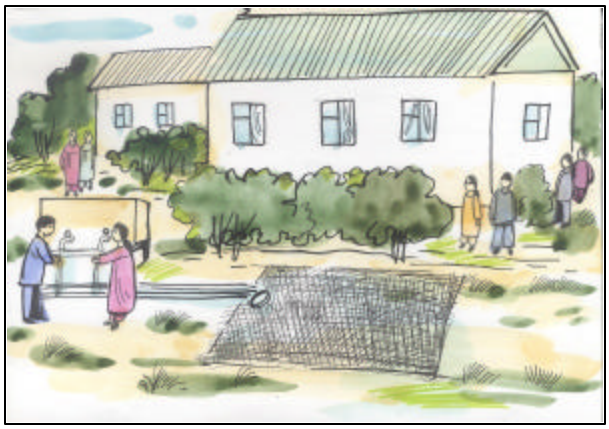
**Unsafe method of waste water disposal**

**How can Waste Water be disposed?**

- The source of water (tap/ hand pump) must have a concrete platform around it to prevent water from seeping through the soil and contaminating the ground water.
- The platform must have a drain, which leads waste water into a school orchard, kitchen garden or a natural drain.

**Safe method of waste water disposal**

- If waste water is not soapy then it can safely be disposed off in kitchen garden. (Soapy water harm plants in a kitchen garden.)



**Soakage pit**

- As an alternative waste water from kitchen/bathing cubical can also be disposed off in a soakage pit (See Annexure-I).

**ACTIVITIES**

- **Groups of students from senior classes can be given the responsibility of cleaning the platform around water source and also the drain which leads waste water to a natural drain or to a garden. The surroundings of the platform (if water source is situated within the school compound) should also be kept clean.**
- **One lesson a week can be set aside to teach the students how to grow flowers and vegetables using waste water.**
- **Students of senior classes can be mobilized to fill any small depressions in their school compound with stones, pebbles and mud to prevent accumulation of water.**
- **Students of senior classes can help their class teachers to build soakage pits (as shown in the Annexure-I) to drain away waste water from water source, if there is no garden or natural drain in the vicinity.**
- **Students from all classes can be encouraged to put up drawings and simple messages related to safe disposal of waste water on the sanitation corner in school.**

**Key messages:**

- **Stop seeping of waste water through the soil**
- **Waste water should not be allowed to stagnate – Mosquitoes breed on it**
- **Mosquitoes spread Malaria**

## ***SAFE DISPOSAL OF HUMAN EXCRETA: USE OF A POUR FLUSH WATER-SEAL LATRINE***

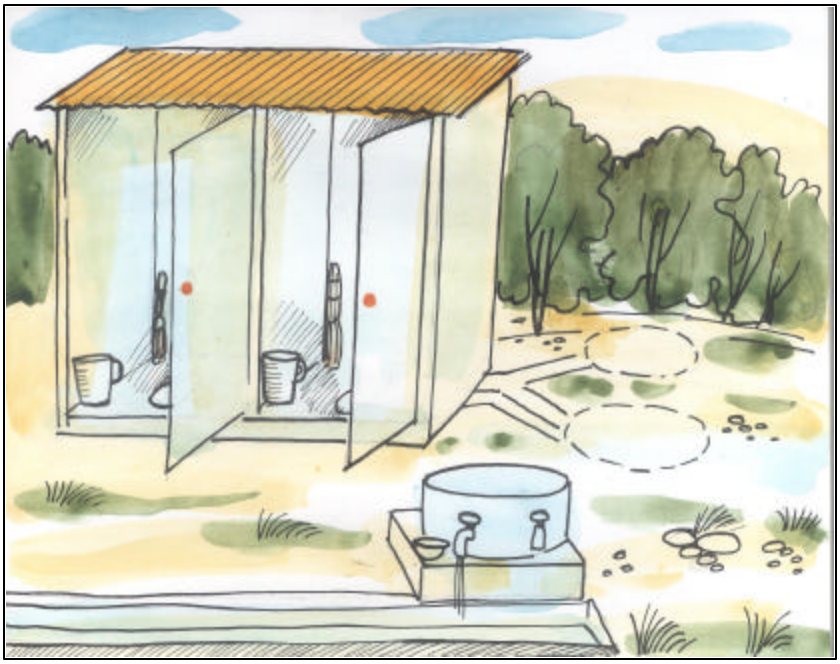
**Why safe disposal of human excreta is important?**

- Simple pit latrine spreads foul smell and its breeding ground for insects (flies, cockroaches etc) which act as agent for spreading diseases. Pit latrines also contaminate ground water.
- Exposed human excreta (due to open defecation/pit latrine) is the biggest cause of spreading diseases and makes people ill.
- Exposed excreta contaminate drinking water and is a major cause for epidemic including diarrhoea and typhoid.
- Exposed excreta make children vulnerable to deadly diseases.
- Exposed excreta leads to illness of family members, which cost money for treatment.

**Why should a school have a pour flush water-seal latrine?**

- A pour flush water-seal latrine promotes clean and healthy surroundings and keeps the school free of foul smell.

- A pour flush water-seal latrine in school can serve as demonstration unit for the community.



**Two pit pour flash water seal latrine**

- Use of a pour flush water-seal latrine helps to reduce the incidence of diseases such as diarrhoea, among children. Healthy students are more active and learn faster.
- It provides privacy, especially for girls, and is convenient during the rainy and winter seasons.
- To teach the community on the utility and use of a pour flush water-seal latrine, teachers can use it as a demonstration unit.

**How can human excreta be safely disposed?**

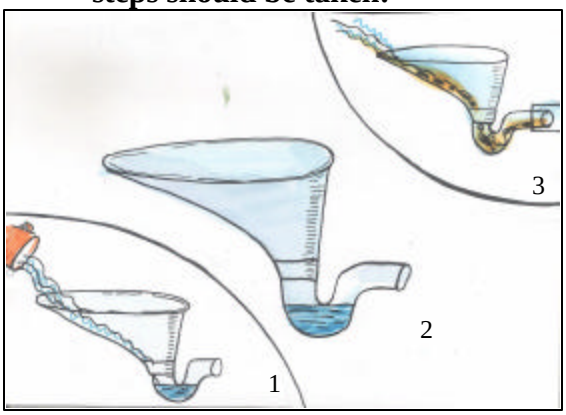
- The safest way of disposing human excreta is to use a pour flush water-seal latrine for defecation. This latrine is totally hygienic and does not allow any foul smell to come out from pit. While a locally trained mason can construct the pour flush water-seal latrine, up to plinth level, the household can put up the superstructure as per their economic status/affordability.
- The pour flush water-seal latrine only need about 1½ or 2 liters of water to flush the excreta.
- At the time of construction two pits are constructed in pour flush water-seal latrine, but at a time only one pit is used. Once that is filled then another pit is connected to outlet pipe. The filled pit is covered by soil and it becomes manure in 1½ - 2 years time.
- It is important to ensure that children's and infant's excreta is also safely disposed in a pour flush water-seal latrine or in a pit dug in the ground and later covered with soil,

as it is equally harmful than that of the adults'. Children above two years should be taught how to use the pour flush water-seal latrine.

- Households, schools, pre-schools, and other institutions, not having access to a pour flush water-seal latrine, must be motivated to construct one.

## ACTIVITIES

- **Every teacher must ensure that she/he has constructed a pour flush water-seal latrine in the house and that all the members of her/his family use it.**
- **Students of all classes should be taught how to use the pour flush water-seal latrine, through demonstration. For the proper use of this latrine following steps should be taken:**




**Correct way to use pour flash water seal latrine**

- **The pan should be wetted with water before use.**
- **Feet should be properly positioned on the foot-rests to ensure that excreta and urine drop into the pan.**
- **After use, water should be used to flush excreta or urine.**
- **The pan should be cleaned once a day with a broom using liquid soap.**

- **In no circumstances students should be allowed to throw stones, waste paper, leaf in the pan.**
- **The teacher can demonstrate to students of senior classes about the steps for maintaining a pour flush water-seal latrine. The teacher must also ensure that any major repairs required are immediately undertaken by contacting the local trained mason.**
- **Groups of students of senior classes can be given the responsibility of filling the storage drum or tank, outside the pour flush water-seal latrine, every morning and to check once a day whether it needs to be refilled. For filling water tank help of logistics staff of school should also be taken. If excreta is not properly flushed, the pour flush water-seal latrine can get choked and become a health hazard.**
- **The teachers of all the classes must explain to students the need for washing hands with soap and water after defecation to wash away disease-causing micro-organisms which stick to the hand after anal cleaning. The teacher can also demonstrate how to wash hands with soap, explaining the need to scrub them well and the need for washing the palms, the upper portion of the hands and the area behind the finger nails.**

- **The teacher can guide the students to motivate their parents to construct a pour flush water-seal latrine at home.**
- **Students can be encouraged to put up drawings and simple messages related to safe disposal of excreta on the sanitation corner in school.**

**Key Messages:**

- **Construct Pour Flush Water Seal latrine at Home**
- **Exposed human excreta cause diseases and makes people ill.**

## ***DISPOSAL OF GARBAGE AND ANIMAL EXCRETA***

**Why is it important?**

- Accumulated garbage provides a breeding ground for harmful insects including flies, insects, cockroaches and attracts rats, all of which spread infectious diseases.
- The micro-organisms which cause another fatal disease, "tetanus" also breed in garbage and animal excreta.
- An unclean school with accumulated garbage is a health hazard and is not conducive to learning. It looks and smells bad and also creates a bad impression about the students and teachers. The school should, therefore, be kept neat and clean.

**How can garbage be disposed?**

- Every class should have a small basket or a small crate or a cardboard box as a dustbin for collecting garbage of the classroom. It is important that, this dustbin is emptied daily into a large garbage pit dug within the school compound.

**Garbage pit**

- A garbage pit can be dug in a corner in the school to throw all garbage and once it is filled it should be covered with soil and then another pit should be dug.

**ACTIVITIES**

- **Teachers can help the students of all classes to cultivate the habit of throwing waste paper, pencil shavings, etc., into the class dustbin. The monitor/hygiene commissioner (*Sardori sinf /Komissiyai Tozagi)* of the class can be given the responsibility of monitoring this habit.**
- **Group of students in each class can be made responsible, on a rotation basis, for emptying the classroom dustbin into the school dustbin/garbage pit everyday just before the school closes.**
- **Students of senior classes can be given the responsibility of ensuring that young students do not litter the school play ground with paper, leftovers of food etc.**
- **One lesson a week may be set aside by each class teacher for involving the students in activities aimed at beautifying the school. These can include cleaning the classroom, putting up charts and posters, sweeping the school compound, cleaning the drains and dusting the chairs and tables or carpets.**
- **Students can be guided to motivate their parents to construct garbage pits (as shown in Annexure-II) for the disposal of household garbage.**
- **The PTA meetings can be used as a forum for motivating parents to contribute towards dustbin, dusters, brooms etc. for the school.**
- **Students can be encouraged to put up drawings and simple messages related to hand –washing and other hygienic habits on the sanitation corner in school.**

**Key Messages:**

- **Garbage should be thrown only in pit**
- **Animal excreta should also be thrown in a pit, other it attract flies**

## ***HOME SANITATION AND FOOD HYGIENE***

**Why are they important?**

- Homes that are damp, dark and stuffy are unhealthy to live in as they get little sunlight and fresh air.
- If they are not swept and mopped daily, they attract disease carriers such as rats, flies and cockroaches.
- Contaminated food causes diseases such as diarrhoea.

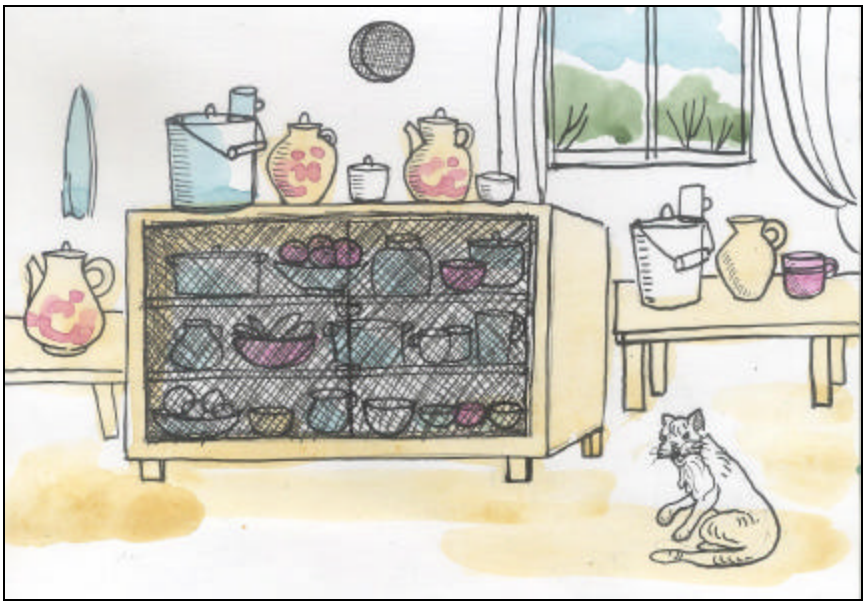
- Food handled by unwashed hands with long fingernails gets contaminated as disease-causing organisms are transferred from the dirt on the hands and from under the nails to the food.
- Food left uncovered can also become contaminated and unfit for eating as it attracts animals, flies and other insects.
- Vegetables and fruits are often contaminated because of open defection in field by human beings. If eaten raw & unwashed, cause diseases.
- Stale food and food that smell foul, if eaten, cause diseases.

**How can Home Sanitation and Food Hygiene be maintained?**

- The house should be well ventilated to allow plenty of fresh air and sunlight to come in. It should be swept well and mopped daily.
- Children's and infants' excreta should be immediately disposed in a pour flush water-seal latrine or in a pit dug in the ground and later covered with soil to prevent flies from sitting on it.
- Vegetables/fruits should be washed well before they are eaten raw/cooked.

**Washing of fruits before eating**

- Food, which is stale and smells foul, should not be eaten.
- Plates/utensils used for eating/cooking should be washed immediately to keep away flies, cockroaches and pets.
- Cooked food should always be kept covered to protect it from flies, pets and other stray animals. A food safe can be used to store the food at home.



**Protect of cooked food**

- Hands must be washed well with soap and water before cooking food, before serving it and before feeding children.
- Food, which has fallen on the ground, should not be eaten.

**ACTIVITIES**

- **Students can be guided by the teacher to motivate their parents to keep their homes clean and well ventilated. Students can also be encouraged to assist their parents in sweeping and mopping the house and in disposing off the household garbage in the community garbage pit.**
- **Teachers can explain to the students the need for maintaining sanitation at home, to handle food with washed hands and to keep food covered.**
- **Vendors selling exposed food should not be allowed to sell their wares in or near the school.**

**Exposed food attracts flies**

- **Teachers should explain to the students why exposed food from vendors should not be eaten.**
- **Students should be taught about washing raw vegetables and fruits before eating.**
- **Posters/drawings/sketches with messages on home sanitation and food hygiene, prepared by the students, can be put up on the walls of the school. Simple messages can also be written on school walls.**
- **The older students can be given the task of monitoring the habits of the younger students such as not eating food, which has fallen on the ground, not buying foodstuff from vendors selling exposed food etc.**

**Key Messages**

- **Food fallen on ground should not be eaten**
- **Don't allow flies to sit on food, keep food covered**
- **Keep home and kitchen clean**

## ***PERSONAL HYGIENE***

**Why is it important?**

- Washing hands regularly with soap and water after defecation and disposing of children's excreta, before eating, feeding children, cooking and serving food. This can reduce the incidence of diarrhoeal diseases by nearly 40 per cent.
- Dirt, which accumulates under long fingernails, easily enters the body when fingers come into contact with mouth.

- Unwashed skin can result in skin diseases like scabies, eczema and ringworm.
- Not cleaning teeth regularly leads to cavities in the teeth, foul odour from mouth and tooth decay.
- Barefoot walking/moving in and around the community generally allows hookworm's larvae enter into the human body by piercing the skin of the foot.
- Barefoot going to toilets also allows hookworm's larvae enter into the human body by piercing the skin of the foot.

**Do not go barefoot to toilet**

**Wear shoes while using toilet**

- Hair, which is not washed and combed regularly, becomes infested with lice, which suck blood from the scalp. Lice are also very easily transferred from one person to another.

**How can personal hygiene be maintained?**

**Hand washing**

- Hands should be washed with soap and water after defecation as well as disposing off children's excreta, before eating and feeding children, cooking, serving food.

- Fingernails must be clipped regularly to keep them short.

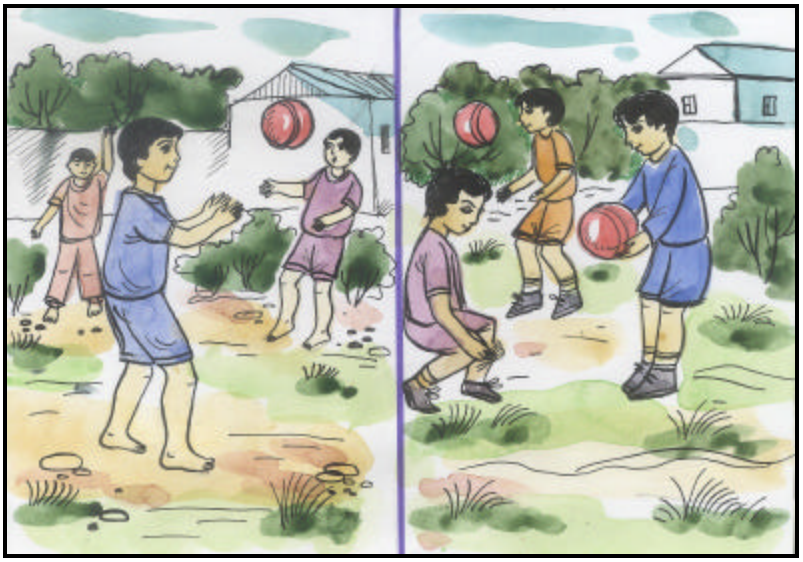
**Nail clipping**

**Teeth cleaning**

- Both adults and children should clean their teeth daily.
- Bath should be taken daily preferably using soap, taking care to clean the eyes and ears.
- Hair should be washed regularly and combed daily.
- Clothes worn should be clean.
- While going out slippers/footwear should be worn to protect the skin of the feet from coming into contact with parasites like hookworm.
- Hand or a handkerchief should be used to cover the mouth while sneezing or coughing.

## ACTIVITIES

- **Teachers can explain to students the health benefits of good personal hygiene habit through flash cards.**
- **Teachers can demonstrate how hands should be washed with soap while highlighting the need to scrub the palms, the area behind nails and the upper portion of the hands.**
- **Teachers can demonstrate the use of a nail-cutter. She/he must ensure that every classroom has a nail-cutter to help students with long nails to cut them in the school. The monitor/hygiene commissioner (*Sardori sinf /Komissiyai Tozagi)* of each class can be given the responsibility of checking the nails of the students once a week.**
- **Teacher can explain the need for cleaning teeth daily. The importance of bathing daily, using soap should also be explained.**
- **Teacher can explain to the students the need for protecting the feet from worm infestation, while walking or playing outdoors.**



**Children should not be allowed to play barefoot** | **Always wear shoes while playing outdoors**

- **Students can be encouraged to put up drawings and simple messages related to hand –washing and other hygienic habits on the sanitation corner in school.**
- **Students of higher classes can be given the responsibility of ensuring that a soap and clean towel are always kept handy outside the school pour flush water-seal latrine, next to the storage tank.**

**Key Messages**

- **Cut nails every week**
- **Wash hands with soap after defecation and before eating food**
- **Wear footwear while going to toilet**

## ***COMMUNITY SANITATION***

**Why is it important?**

- Simple pit latrines at schools and household smell foul and look dirty. It also attracts flies, which transfer disease- causing organisms from excreta to food, which people eat.
- When children, excreta thrown into community drains or in open places close to habitation, the whole village smells foul and looks dirty. It also attracts flies, which transfer disease- causing organisms from excreta to food, which people eat.
- Household garbage, thrown by people on the streets, attracts disease carriers such as cockroaches, flies, and rats' etc and other insects. It also chokes the community drains.
- Stagnant water in drains, around community water sources and on the streets provides a breeding place for mosquitoes, which spread Malaria.
- Filth and animal excreta (such as cattle dung, ducks and hens excreta) provide a breeding ground for the germ, which causes tetanus.
- A clean community environment is a generic indicator of the hygienic practices of the people living in it.

**How can community sanitation be promoted?**

- Every household must construct a pour flush water-seal latrine and all the members of the household must use it. Children above two years of age should be discouraged from defecating in the open and be taught to use a pour flush water-seal latrine.
- Household garbage should be collected and thrown into community garbage pit.
- Platforms and drains around water sources and in community should be cleaned on periodic basis and must be repaired, if they are damaged.
- The PTA of the local school can contribute (in cash or labour) towards construction of pour flush water-seal latrines and other sanitary facilities in the school.

## ***GENERAL ACTIVITIES***

### *SANITATION DAY*

The school can observe a 'sanitation day', (this can be fixed in consultation with Jamoat, Community elders and PTA) or even a sanitation week on important days (such

as the *Nawroz* etc.)**.** On this day, (or during the week), special efforts can be made by the school to organize the senior students to clean the school and its surroundings.

During the sanitation day/sanitation week the activities should move to community where its members should be requested to join hands with students to clean the surroundings of water source, lanes and drainage. Students can move from house to house to disseminate sanitation and hygiene promotion messages.

**Community sanitation (cleaning)**

Students can be helped by the teachers to put up plays/ skits in order to create awareness about the link between health, safe water and sanitation.

***KAP SURVEY***

Teacher can help students of senior classes to conduct sanitation mini survey in the community with an objective to know sanitation status and behavioural practices. The format given in **Annexure – III ,** can be used for this survey (if necessary, the format can be modified as per the local requirement). While doing the survey teachers/students should motivate household members to construct 'two pit pour flush water seal latrine' in their houses.

The survey should be conducted at the beginning of the Sanitation Programme in the School. This will help the teachers and students to understand the need for the intervention and reach to the community. It will automatically generate debate in the community, as a result process of community participation will begin. The survey results and observation can also be brought to the attention of the parents during the PTA

meetings as also at meetings of the Jamoat and elder members of the community. Result of children's health check-up should also be discussed during the PTA meeting(s).

**KAP survey at household level**

The KAP survey results will form the baseline on the sanitation status and people's practices and behaviour practices towards sanitation and hygiene practices. Then at the beginning of the academic session every year, a quick survey can be taken to assess the impact of to school sanitation programme.

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# GENERAL GUIDE FOR AWARENESS CREATION

## ACTIVITIES IN THE SCHOOL

The school can cover different aspects of each of the first six components of sanitation, one after the other, as the **'thought for the day'** during the morning assembly, on the six days of the week on which the school functions.

**Monday** **:** Handling of drinking water.
**Tuesday** **:** Disposal of waste water.
**Wednesday** **:** Disposal of human excreta (including infant's/ child's excreta).
**Thursday** **:** Disposal of garbage and animal excreta.
**Friday** **:** Home sanitation and food hygiene
**Saturday** **:** Personal hygiene.

- As per above-mentioned schedule, every day teachers should speak on one component of sanitation as **thought for the day** during the assembly. Teachers should also put up slogans, key features related with "thought for the day" in the notice board/sanitation corner of the school.

- Students should be encouraged to recite poems related with "thought of the day" or make drawings/sketches related with particular component of sanitation.

- One lesson a week can be set aside class-wise to look after the general cleanliness of the school and classroom. The class teacher can also relate the activities to the **'thought for the Day'.**

- Six groups of students can be formed by mixing students from different classes (preferably from senior classes) and assign a different task related to each component of sanitation to each group on the rotation basis.

- Each of the group should be given some name/ identification of group members, related with each activity. (The group names can be decided by teachers during their training)

Group activities can be as follows:

**GROUP I *(Handling of drinking water)***

- If the school does not have a safe water source then a group of students can be made responsible with the help of school logistics staff for collection of drinking water for the school from the nearby safe source.
- This group of students must ensure that vessel is covered while being carried with drinking water from source to school and also kept covered.
- This group should ensure and help other students that in any circumstances fingers are not dipped in drinking water vessel.